



# The Journal

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November 13, 2014

## Marine Corps Celebrates 239th Birthday With Inspirational Message



USMC Photo by Cpl. Bryce Muhlenberg

**Marines celebrating their birthday at Camp Lejeune during a 2008 ceremony.**

**By Andrew Lopata,  
Business 2 Community,  
Public Affairs**

On Nov. 10, 1775, the Continental Congress established the Marines. The corps grew from just under 400 enlisted in its first 30 years in existence to now more than 200,000 enlisted men and women. On Nov. 1, 1921 Major General Commandant John A. Lejeune issued Marine Order 47 declaring November 10th as a Marine Holiday and that the order be read aloud that day and each year thereafter. In part, the order reads:

“This high name of distinction and soldierly repute we who are Marines today have received from those who preceded us in the corps. With it we have also received from them the eternal spirit which has

animated our corps from generation to generation and has been the distinguishing mark of the Marines in every age. So long as that spirit continues to flourish Marines will be found equal to every emergency in the future as they have been in the past, and the men of our Nation will regard us as worthy successors to the long line of illustrious men who have served as “Soldiers of the Sea” since the founding of the Corps.”

Celebrations occurred throughout the weekend along with the fabled “Marine Corps Birthday Ball” that is held annually on or about November 10 on both a national and local level for servicemen and veterans (there really are no ex-Marines).

Often referred to as the “First To Fight”, the United States Marine Corps is the only

branch of the armed services that is forward deployed 24 hours a day, seven days a week, and 365 days a year as a complete unit capable of sustaining war all by itself for about a month.

These Marine units are not simply on standby but are spread out throughout the world’s hot spots ready for action. No other branch can make this claim. So when a crisis erupts anywhere in the world, the first responders will most likely be these units aboard their ships.

General J. F. Dunford, Commandant of the Marine Corps, issued a birthday greeting to his troops this weekend and it seems fitting for the world to hear his words as well:

“In his birthday greeting 70 years ago, General Alexander Vandegrift, our 18th Comman-

dant noted that, “A Birthday is a fitting time to peer backward — and forward.” That year, Marines reflected on an extraordinary year in combat during their amphibious drive across the Pacific. Despite the challenges and the horrific conditions, Marines prevailed at Guam, Saipan, and Peleliu. On Nov. 10, 1944, Marines looked back with pride on their accomplishment — confident in their ability to meet future challenges.

In 2004, 20,000 Marines deployed to Al Anbar Province, Iraq — many Marines celebrated the birthday in places like Fallujah, Ramadi, and Al Qaim while decisively engaged in combat. That year, Marines also responded to crisis in the Pacific following a tsunami

See **MARINES** page 9

## NSA Bethesda Construction Update

**By NSA Bethesda  
Transportation  
Program Management  
Office**

Naval Support Activity Bethesda and its tenant commands continuously work to improve facilities, conditions and infrastructure on the installation through various construction projects.

NAVFAC Washington’s PWD Bethesda will provide construction management oversight for many of these projects.

Current and future projects on the base include a 650-space, six-level parking garage; a covered walkway from Bldg. 62 (Tranquility Hall) to Bldg. 19 (America Bldg.) featuring an enclosed, air-conditioned bus shelter (located near Bldg. 60); and Montgomery County will build the MD 355 Metro Crossing, constructing two tunnels underneath the roadway to enhance pedestrian traffic and safety. This project is expected to begin construction in mid-to-late 2015, and will take approximately two years to complete.

Additional future projects include numerous utility upgrades around the base, and window replacement in Bldgs. 9 & 10 which will begin in a few months and take about three years to complete.

“As we move forward on these projects, we would like to thank base employees, visitors and residents for their patience and understanding,” said NSAB Transportation Program Manager, Ryan Emery. “Ultimately, these projects will improve quality of life and working conditions.”



# Director's Column

According to Dr. Kenneth W. Kizer, "world-class health care is achieved by going above and beyond compliance with professional, accreditation, and certification standards to bring the best of the art and science of medicine together in a focused effort to meet the physical, mental, social, and spiritual needs of the patient ... the extraordinary is ordinary and the exceptional routine."



*earlier than my alternative."*  
*"It is one of the best facilities that I have been in for medical care. It is well organized and it has spacious clinic areas and patient rooms."*  
*"My family was kept at ease with meaningful and factual updates on a routine basis, so as to minimize their concern."*  
*"The doctors that I have had the pleasure to meet and discuss my medical problems with have been excellent. They listen to my medical problems and quickly find the best solutions."*

I fully agree with Dr. Kizer. If the patient experience is not extraordinary, every time, we have not met our world-class standard.

We do not always meet our standard. I welcome criticism from our patients as an opportunity to improve the care we provide. We owe those we are privileged to serve no less.

I receive innumerable letters and emails praising the great care we provide, where we have met our standard. Here are some recent comments from our patients:

*"He never minds searching through the schedule to find an appointment (or multiple appointments) to suit my needs, and he always offers to print an updated summary of my appointments."*

*"The entire process ... from initial consultation, through pre-screening, lab work, the procedure itself, hospital overnight stay, and discharge ... was timely, efficient and professional. My sincere thanks for a job (on me) well done!"*

*"I was given the absolute best quality of medical care, from the moment I entered your ER to the moment I walked out of Ward 3 the following day. Your staff was professional and caring in all respects, and I was treated with the utmost dignity and respect at all times."*

*"The highlight of my experience is the timely care I received. WRNMMC's Orthopedic Surgeons made their evaluation and repaired my injury approximately ten days*

*"The nursing staff who oversaw my care was the tops with shout outs to my primary nurses for both day and night."*

*"I could not have been more impressed with my surgical team pre-operatively and during my patient stay. Equally impressed with the fabulous nursing care I received from everyone starting pre-operatively in APU to discharge from 4 Center."*

*"I will continue to serve proudly knowing that our soldiers, sailors, and airmen are being cared for by highly experienced and thoroughly competent doctors, nurses, and staff."*

The extraordinary patient experience must be our standard. If one of us meets our standard, recommend them for A Culture of Excellence Award.

If one of our patients shares a criticism thank them for the opportunity to improve. Those we are privileged to serve — Service Members and their Families; our Retirees and their Families — deserve no less.

Please be as proud of who we are, what we do, and most importantly, how we do it, as I am to serve with you.

As always, THANKS for all you do and may God Bless!

**Brig. Gen. Jeffrey B. Clark, MC, USA**  
**Director, Walter Reed National Military Medical Center**

## Bethesda Notebook

### WRNMMC Town Halls

Town halls for Walter Reed Bethesda staff are scheduled for today at 7 a.m., noon and 3:30 p.m. in the Memorial Auditorium. Topics slated to be discussed include the Ebola Virus Disease, Joint Commission Mock Survey, the Military Health System Review and upcoming construction projects.

### NCO Induction Ceremony

An induction ceremony for new non-commissioned officers at Walter Reed Bethesda is tomorrow at 2 p.m. in the Memorial Auditorium. For more information contact Sgt. 1st Class Wendy Jarvis at [wendy.s.jarvis.mil@mail.mil](mailto:wendy.s.jarvis.mil@mail.mil) or Staff Sgt. Julian Hodges at [Julian.d.hodges.mil@mail.mil](mailto:Julian.d.hodges.mil@mail.mil).

### Staff Talent Show

The next Walter Reed Bethesda staff talent show is scheduled for Wednesday from 11:30 a.m. to 12:30 p.m. in the lobby of the America Bldg. Refreshments will be served. For more information, contact Vivian Murga at 301-295-6516 or at [Vivian.murga.ctr@mail.mil](mailto:Vivian.murga.ctr@mail.mil), or Donna O'Neill at [donna.j.oneill9.ctr@mail.mil](mailto:donna.j.oneill9.ctr@mail.mil).

### Prostate Cancer Support Group Meetings

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center on the third Thursday of every month. The next meeting will be Nov. 20 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building, River Conference Room, 3rd floor. Spouses and partners are invited. Military ID required for base access to WRNMMC on Naval Support Activity Bethesda. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@mail.mil](mailto:jane.l.hudak.ctr@mail.mil).

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# NSA Bethesda from the Deckplates

## Why is it important to celebrate Veterans Day?



**"Veterans Day is about recognizing those people that defended our rights and freedoms as Americans. They made sacrifices for us to maintain the lifestyles that we have today."**

— Master-at-Arms 1st Class (EXW) Mark Collins, Security Department LPO, Naval Support Activity Bethesda



**"It serves as a good reminder of our past accomplishments as a military. Additionally it allows us to refocus our efforts and attention for future militaristic goals."**

— Mareba S. Mack, M. Ed. Education Services Specialist, Navy College, Naval Support Activity Bethesda



**"Veterans Day is about celebrating our troops and all the hard work they do. It's good to have that one day to recognize them, but we should celebrate them every day."**

— Herbert Ramirez, Naval Support Activity Bethesda William III Gourmet Coffee Bldg. 17



**"It is a day to remember and to celebrate people who've served in our armed forces. It is a day for those who are not in direct contact with military personnel to sit back and appreciate all that they've given to this country."**

— Julie Riggs, Military Spouse and Volunteer Specialist at USO Warrior and Family Center Bethesda



**"This day is about remembering the past and we should never forget it. If it wasn't for them, we wouldn't have the freedom that we have today."**

— Roy V. Danielson Jr., Naval Support Activity Bethesda Bldg. 62 Front Desk Supervisor, USN retired

## "We Stick Together": Service Before Self on Veterans Day

**By Mass Communication Specialist 2nd Class (SW/AW/IDW)**

**Ashante N. Hammons, NSAB staff writer**

As Americans commemorate this Veterans Day, they take the time to thank veterans for their service. Businesses offer specials. Cities have parades. Active duty members take the time to remember those veterans that paved the way for them to serve and to honor this nation. Veterans Day pays homage to those that have served and we say "thank you for your service." It is day to reflect on the purpose of service and what it means to put service before self. Five brothers from Waterloo, Iowa proved this loyalty to their country.

According to the Naval History and Heritage Command, brothers, Gunner's Mate 2nd Class George Sullivan, Coxswain Francis Sullivan, Seaman 2nd Class Joseph Sullivan, Seaman 2nd Class Madison Sullivan, and Seaman 2nd Class Albert Sullivan, born to Thomas and Alleta, from Waterloo, Iowa enlisted in the Navy on Jan. 3, 1942. Even though the Navy had a poli-



U.S. Naval Historical Center Photograph

**The Sullivan brothers on board USS Juneau (CL-52) at the time of her commissioning ceremonies at the New York Navy Yard, Feb. 14, 1942. All were lost with the ship following the Nov. 13, 1942 Naval Battle of Guadalcanal. The brothers are (from left to right): Joseph, Francis, Albert, Madison and George Sullivan.**

cy stating that family members should not serve aboard the same ship or station, the brothers were allowed to serve together aboard USS Juneau (CL-52).

On the night of Nov. 13, 1942, Japanese submarine I-26 torpedoed the USS Ju-

neau (CL-52) which caused the ship to explode and sank instantly according to the Naval History and Heritage Command website. Many Sailors were killed during the initial explosion, including four of the five Sullivan brothers. One brother, George, survived

the explosion but died several days later.

The brothers were survived by their parents and their sister, Genevieve. Albert Sullivan was also survived by his wife, Katherine, and their young son. Their family did not allow the brothers' death to be

in vain. Despite their sons' deaths, Thomas and Alleta did their part during the war by promoting war bonds. Their sister served in Women Available for Volunteer Emergency Service or WAVES.

The Sullivan brothers memory lives on to this day. Since their death, two destroyers have been named in memory of their service. According to the Naval History and Heritage Command, Fletcher-class-destroyer USS The Sullivans (DD-537) was commissioned in 1943 and sponsored by their mother, Alleta. The Sullivans was decommissioned in 1965 and serves as a museum at the Buffalo and Erie County Naval and Military Park in Buffalo, New York. Arleigh Burke class destroyer USS The Sullivans (DDG-68) was commissioned in 1997. Seaman 2nd Class Albert Sullivan's granddaughter, Kelly Sullivan Loughren, christened the ship at its commissioning ceremony, according to the naval history website. It is still in service today. Each destroyer bears the motto: "We stick together."

Let us remember that we stick together for the greater cause of defending our nation.



# Observance Celebrates Perioperative Nurses

By Sarah Marshall  
WRNMMC Public Affairs  
staff writer

Helping to ease the minds of patients who are undergoing surgery, perioperative nurses play a key role in advocating for patients, ensuring their safety, and anticipating their needs during surgery.

Nov. 10 through 14 is Perioperative Nurse Week, and Walter Reed Bethesda wants to educate staff members about their line of work, and unwavering efforts, said Cmdr. Susan Malione, service chief of the Main Operating Room at Walter Reed Bethesda. These specialized nurses assist with patient care in the preoperative, intraoperative and post-operative phases of surgery, she explained. She added they also work closely with the surgeons and anesthesiologists, as well as medical-surgical nurses, and surgical technicians.

Currently, there are about 47 perioperative nurses at the medical center – military and civilian – working alongside 74 surgical technicians, Malione



Photo by Sharon Renee Taylor

**Walter Reed Bethesda operating room nurses, who care for more than 200 patients per week, take moment for a photograph before the day's surgeries begin on Nov. 6. There are nearly 50 nurses who work in the OR at Walter Reed National Military Medical Center. "It's fast-paced, and that's one of the best parts about it. Every day is different," said Cmdr. Susan Malione, service chief of the Main Operating Room at Walter Reed Bethesda.**

said. On average, perioperative nurses care for about 200 to 250 patients per week, including scheduled surgeries and emergencies, she added.

"It's fast-paced, and that's one of the best parts about it. Every day is different," Malione said.

They assist with various forms of surgery – one day it may be cardiothoracic, or orthopedic surgery. The next it may be ENT (ear, nose and throat), obstetrics/gynecological surgery, or plastic surgery, she said.

Perioperative nurses stay

busy in the 24/7 operating rooms, with their focus on the patients' safety and needs throughout their surgical experience, she continued. There are 21 main operating rooms, in addition to several satellite operating rooms throughout the medical center, she said.

A perioperative nurse at Walter Reed Bethesda for about eight years, Patty Krzywicki explained there is a great amount of effort that goes into preparing a patient for surgery, which might involve getting their lab work completed, and any other last-minute testing before surgery. Additionally, they are comforting the patient and families, putting their minds at ease as they might be anxious about the surgery they're about to undergo, she said. While surgery is underway, perioperative nurses anticipate what the surgical team may need in the room, i.e. tools or equipment. They also advocate for what the patient may need, as they are unable to speak for themselves under anesthesia. Following surgery, they assist the patient in their recovery, she continued.

"You want somebody to be there who's going to take the best care of you," Krzywicki said.

Perioperative nurses also have a unique one-on-one re-

See **NURSES** page 10

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# Walter Reed Bethesda Hosts Third Annual Lung Cancer Screening Awareness Day

By Bernard S. Little  
WRNMMC Public Affairs staff writer

The John P. Murtha Cancer Center at Walter Reed National Military Medical Center (WRNMMC) hosted its Third Annual Lung Cancer Screening Awareness Day Nov. 5.

November is Lung Cancer Awareness Month, and the Great American Smoke-Out will also be observed Nov. 20.

Navy Capt. Sarah L. Martin, WRNMMC chief of staff, said the Lung Cancer Screening Awareness Day at Walter Reed Bethesda “is truly about the beneficiaries we serve — our veterans, our active duty, their family members and our retirees. We have a significant population who are at a much higher risk [for lung cancer] than other populations.” She added the military population may be at twice the risk for developing lung cancer than other populations.

“That’s why this initiative [lung cancer screening] is extremely important,” Martin said. She added teaching prevention is important to discourage service members and others not to smoke, in addition to identifying those who are already at high risk for lung cancer.

Screening those at high risk for lung cancer using low dose computed tomography (CT) can increase survivability by 20 percent, added Lt. Cmdr. (Dr.) Corey A. Carter, hematologist and medical oncologist and internal medicine chief of thoracic oncology at WRNMMC. He explained that in honor of veterans, WRNMMC and the Murtha Cancer Center, the Department of Defense’s only Center of Excellence for Cancer Care, launched the Lung Cancer Screening Initiative in November 2012. The multidisciplinary program includes an evaluation to determine if a veteran or beneficiary is at risk for lung cancer and for those at high risk, enrollment into a screening program that will conduct annual low-dose chest CT scans and smoking cessation.

Carter said an estimated 50 percent of Vietnam veterans continue to smoke cigarettes, and their chances for lung cancer may be increased due to their possible exposure to other known carcinogens including Agent Orange, radon, asbestos, diesel fuel and other battle-field emissions.



Photo by Bernard S. Little

**Former NFL player Chris Draft shares his personal story regarding lung cancer during the John P. Murtha Cancer Center’s Third Annual Lung Cancer Screening Awareness Day program on Nov. 5 at Walter Reed Bethesda. He lost his wife to lung cancer in December 2011, a year after she was diagnosed with the disease. She was not a smoker. “We want people to know anyone can get the disease,” Draft said.**

Dr. Arthur Kellerman, dean of the F. Edward Herbert School of Medicine at the Uniformed Services University of the Health Sciences, also spoke at the event, explaining his father was a member of the “greatest generation. Twenty-five years ago, my father was diagnosed with lung cancer. And like many in the greatest generation, my father [began to] smoke when he was in the military.”

The USU medical school dean explained that he began in elementary school to discourage his father from smoking. “I won him over when I was in high school, but that was too late.” Kellerman said he knew then that he had less than nine months left with “his best friend,” his father.

“We’ve come a long way since then,” Kellerman continued. “Every one of you at Walter Reed Bethesda has made a difference by encouraging early screening [of beneficiaries], getting them in for care, providing optimum evidence-based treatment and treating every man, woman and child who you take care of like they are a member of your family. Thank you all for what you do.”

Sheila Ross, senior policy advisor of the Lung Cancer Alliance, also spoke at the event. A 14-year lung cancer survivor, Ross said it’s an honor to work with staff at WRNMMC in the battle against lung cancer.

“This is a very critical time for lung cancer,” Ross said. She explained while lung cancer remains one of the “most lethal” cancers, Walter Reed Bethesda and the Murtha Cancer Center are “playing a pivotal role in changing that fact.”

“The change is early detection,” Ross continued. “Just as mammograms have done for breast cancer, and colonoscopies for colon cancer, we know now that CT scans can find lung cancer at its earliest, most treatable, even curable stage.”

Former NFL player Chris Draft also shared his personal story regarding lung cancer during the program. He lost his wife to the disease in December 2011. He

See **CANCER** page 10



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# Great American Smoke-Out Set for Nov. 20

## Walter Reed Bethesda Offers Resources to Help Smokers Kick the Habit

**By Carolyn Mesnak  
WRNMMC Integrated  
Health and Wellness  
Services/Internal  
Medicine Department**

If you want to quit smoking or help someone you care about quit, the Great American Smoke-Out (GASO) is a great time to start. This year's GASO is Nov. 20, and the Integrated Health and Wellness Services/Internal Medicine Department at Walter Reed Bethesda (WRB) will have information table displays in the lobbies of the America Building (Bldg. 19) and Tranquility Hall (Bldg. 62) from 10 a.m. to 2 p.m.

Tobacco cessation counselors in the Integrated Health and Wellness Services/Internal Medicine Department can provide resources and support to those who want to quit smoking. Integrated Health and Wellness offers individual appointments, one-time class option each month, or online program, access to prescription medications for active duty, retirees and family members. Civilians and contractors can participate in the cessation programs at WRB at no charge, however, prescription medications need to be obtained from their medical provider. To learn about the available services, more information or to make an appointment, call Integrated Health and Wellness Services 301-295-0105 or 301-295-8773. Cessation tips and tools are also available online at [www.cancer.org/smokeout](http://www.cancer.org/smokeout); [www.ucanquit2.org](http://www.ucanquit2.org); [www.chewfree.com](http://www.chewfree.com); [www.smokefree.gov](http://www.smokefree.gov); or call the American Cancer Society at 1-800-227-2345.

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet an estimated 45 million Americans still smoke. Research shows that most people try to quit smoking seven to 10 times before they succeed, and almost half of these smokers have tried to quit for at least one day in the past year. Quitting is hard, but you can increase your chances of success if you get help. If a relapse happens, think of it as practice for the next step to success.

Most people know that using tobacco can cause lung cancer, but few are aware it's



Photo illustration courtesy of the American Cancer Society

also a risk factor for many other kinds of cancer, including cancer of the mouth, voice box (larynx), throat, esophagus, bladder, kidney, pancreas, cervix, stomach, and some forms of leukemia. It's also linked to a number of other health problems, from heart disease and emphysema to stroke.

Cigars, pipes, and chewing and other types of smokeless tobacco all pose serious health risks.

Depending on how old they are when they quit, ex-smokers can add up to nine or 10 more birthdays to their lives. Younger quitters can add more years of life, but nearly everyone who quits adds to their lifespan — and improves their quality of life. Overall, one-third of cancer deaths could be prevented if people avoided tobacco products.

Need more motivation to quit? It takes just minutes for your body to start healing after you quit smoking. You can look forward to better circulation and lung function and an improved sense of taste and smell. You'll also be saving money by not buying packs of expensive cigarettes.

### *Here are some tips to help smokers kick the habit.*

1. Get ready.
  - Set a quit date.
  - Change your environment. Get rid of all cigarettes and ashtrays in your home, car, and workplace.
  - Go over your past attempts to quit — think about what worked and what didn't.
  - Once you quit, don't smoke again — not even a puff.
  - Don't let people smoke in your home/car
2. Get support and encouragement.

Studies have shown that

you have a better chance of being successful if you have help.

- Tell your family, friends and coworkers that you are going to quit and want their support. Ask them not to smoke around you, and ask them to put their cigarettes out of sight.

- Tell your health care provider (e.g., doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor) about your decision to quit.

- Get individual, group, or telephone counseling. Programs are often given at local hospitals and health centers. Call Integrated Health and Wellness at 301-295-0105 or 301-295-8773; ACS 1-800-227-2345 for information about programs in your area.

3. Learn new skills and behaviors.

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk or get busy with a task.

4. Helping a Smoker Quit: Do's and Don'ts

General Hints for Friends and Family

- Do respect that the quitter is in charge. This is their lifestyle change and challenge, not yours.

- Do ask the person if they want you to call or visit regularly to see how they are doing. Let the person know that it's okay to call you whenever they need to hear encouraging words.

- Do help the quitter get what they need, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and chilled.

- Do spend time doing things with the quitter to keep their mind off smoking — go to the movies, take a walk to get past a craving (what many call a "nicotine fit"), or take a bike ride together.

- When you first try to quit,

change your routine. For example, use a different route to work.

- Do something to reduce your stress — take a hot bath, exercise, or read a book.

- Plan to do something enjoyable every day.

- Drink a lot of water and other fluids.

5. Get medication, and use it correctly.

Medications can help you stop smoking and lessen the urge to smoke. The US Food and Drug Administration has approved the following medications to help you quit smoking, including nicotine inhaler, nicotine nasal spray, nicotine gum, nicotine patch and nicotine lozenges.

6. Be prepared for a relapse or difficult situations.

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit for good. Here are some difficult situations to watch for:

- Alcohol. When you drink alcohol, it lowers your chances of success. It's best to avoid drinking.

- Other smokers. When you're around people who smoke, it can make you want to smoke. It's best to avoid them.

- Weight gain. Many smokers gain weight when they quit, usually fewer than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal — quitting smoking. Some smoking-cessation medicines may help delay weight gain.

- Bad mood or depression. There are a lot of ways to improve your mood other than smoking (take a walk or watch a funny movie).

- Do help the quitter with a few chores, some child care,

cooking — whatever will help lighten the stress of quitting.

- Do celebrate along the way. Quitting smoking is a big deal!

- Don't take the quitter's grumpiness personally during their nicotine withdrawal. The symptoms usually pass in about two weeks.

- Don't offer advice. Just ask how you can help with the plan or program they are using.

### *If Your Smoker "Slips"*

- Don't assume that they will start back smoking like before. A "slip" (taking a puff or smoking a cigarette or two) is pretty common when a person is quitting.

- Do remind the quitter how long they went without a cigarette before the slip.

- Do help the quitter remember all the reasons they wanted to quit, and to forget about the slip as soon as possible.

- Don't scold, nag, or make the quitter feel guilty. Be sure the quitter knows you care about them, regardless of whether they smoke or not.

### *If Your Smoker Relapses*

- Don't give up your efforts to encourage and support your loved one. If the person you care about fails to quit:

- Do praise them for trying to quit and for whatever length of time (days, weeks, or months) of not smoking.

- Do encourage them to try again. Don't say, "If you try again ..." Say, "When you try again ..." Studies show that most people who don't succeed in quitting are ready to try again in the near future.

- Do encourage them to learn from the attempt. Things a person learns from a failed attempt to quit may help them be successful in a future attempt. It takes time and skills to learn to be a nonsmoker.

- Do say, "It's normal to not succeed the first time you try to quit. Most people understand this and know that they have to try to quit again. You didn't smoke for two whole weeks this time. You got through the worst part. Now you know you can do that much. Now that you know you can get through the worst part, you can get even further next time."



# Obama Declares National Disability Employment Awareness Month



Photo by Mass Communication Specialist 2nd Class Christopher Krucke

**Paul Ruskin, a veteran performer who has played with the U.S. Army Jazz Trio and the U.S. Army Band "Down Range," plays the piano during the Walter Reed Bethesda Multicultural Committee's National Disability Employment Awareness Month (NDEAM) celebration in the Walter Reed Bethesda's America Building on Oct. 27. NDEAM raises awareness about disability employment issues and the varied contributions of America's workers with disabilities.**

**By Mass Communication Specialist 2nd Class (AW) Chris Krucke  
WRNMMC Public Affairs staff writer**

The Walter Reed Bethesda Multicultural Committee presented pianist Paul Ruskin as part of its observance recognizing National Disability Employment Awareness Month (NDEAM) on Oct. 27 in the America Building.

National Disability Employment Awareness Month (NDEAM) is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. This year's theme for the observance is "Expect. Employ. Empower."

The NDEAM observance can trace its roots back to 1945, when Congress declared the first week in October of each year "National Employ the Physically Handicapped Week." In 1962, the word

"physically" was removed, and in 1988, Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month."

In his proclamation for this year's observance, President Barack Obama stated, "Americans with disabilities lead thriving businesses, teach our children, and serve our Nation; they are innovators and pioneers of technology. In urban centers and rural communities, they carry forward our Nation's legacy of hard work, responsibility, and sacrifice, and their contributions strengthen our economy and ... "remind us that all Americans deserve the opportunity to participate fully in society."

The president added, "we celebrate the Americans living with disabilities, including significant disabilities, who enrich our country, and we reaffirm the simple truth that each of us has something to give to the American story."

To help celebrate Walter

Reed Bethesda's observance of NDEAM, Ruskin, a veteran performer at WRB event, played a number of tunes on the piano. In addition to events at WRB, he has performed with the U.S. Army Jazz Trio and the U.S. Army Band "Down Range."

Although he hasn't served in the military, Ruskin explained he has personal ties with WRB and the Wounded Warriors cared for here. His middle daughter has sky dived with the U.S. Army Golden Knights parachute team, and his oldest daughter is a registered physical therapist who interned at the former National Naval Medical Center.

He added that after his wife passed a few years ago, neighbors of his "sort of adopted [him] into their family."

One of them was in the Army and he brought Ruskin to WRB on an errand. Ruskin noticed the piano in the America Building lobby. He got per-

See **DISABILITY** page 8

## Clinical Psychology Internship Graduates 11 Service Members

### *Officers Complete Year-Long Comprehensive Behavioral Health Program*

**By Sharon Renee Taylor  
WRNMMC Public Affairs staff writer**

Six Sailors and five Soldiers graduated as the 2013-2014 Clinical Psychology Internship Class at Walter Reed Bethesda's Memorial Auditorium, Oct. 24. The eleven new military psychologists studied assessment, cognitive behavior therapy, neuropsychology and more during a 12-month comprehensive program that also prepared them as first-time military officers.

"Graduates, you have joined an elite club — that of military psychologists," keynote speaker retired Army Col. Debra Dunivin, a clinical psychologist heralded as one of the first prescribing psychologists in the U.S., told the interns. According to the psychologist emeritus at Walter Reed Bethesda, there are less than 600 uniformed psychologists in the U.S., which includes Army, Navy, Air Force as well as the U.S. Public Health Service.

Three of the new graduates, all Soldiers, will remain



Photo by Mass Communication Specialist 2nd Class Christopher Krucke

**Six Sailors and five Soldiers graduated as the 2013-2014 Clinical Psychology Internship Class at Walter Reed Bethesda's Memorial Auditorium, Oct. 24. The eleven new military psychologists studied assessment, cognitive behavior therapy, neuropsychology and more during a 12-month comprehensive program that also prepared them as first-time military officers.**

at Walter Reed Bethesda to begin an Army post-doctoral residency with clinical work at Fort Meade, Md., Fort Belvoir, Va., and Fort Drum, N.Y., as

well as a rotation in Forensic Psychology. Their fellow graduates will go on to their first assignments as clinical psychologists at Naval Hospital

Guam; Naval Medical Center Portsmouth, Va.; Naval Hospital Jacksonville, Fl.; Navy Health Clinic Cherry Point Marine Corps Air Station,

N.C.; and Naval Hospital Okinawa, Japan.

"They come in with eyes

See **PSYCHOLOGY** page 9



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## DISABILITY

Continued from pg. 7

mission to play it, and "it seemed to work pretty good with the patients," he said.

His neighbor's wife at the time was a Navy lieutenant and part of the Walter Reed Bethesda Multicultural Committee. She asked Ruskin to come and play again, which he has several times.

"Music has great healing power," said Ruskin, who has also been a music teacher. "I wanted to become a music therapist, but in order to take that course of study I would not have earned enough money to support [myself], so that did not happen. But by coming here, I am extending some of the features of music therapy."

Ruskin has had offers to play at other venues, but he said, "This place [WRB] really is special to me. I might turn down the chance to play somewhere else, but not here."

Hospital Corpsman (HM) 2nd Class Buddhika Abeyratne, president of the Walter Reed Bethesda Multicultural Committee, said that the committee "enhances the culture of others, and that the disabled may not have a geographical region, but they are part of our society and should be honored as part of our culture."

On Nov. 25 at 11:30 in the America Building, first floor lobby, piano area, the committee will host its "Native American Indian Heritage Month" observance with Native American dancers and singers.

Anyone interested in joining the Walter Reed Bethesda Multicultural Committee can attend any of their weekly meetings on Thursdays at 11 a.m. in Building 5, second deck in the CVD class room.

For more information, contact HM2 Buddhika Abeyratne at 301-295-4265.

For more information about National Disability Employment Awareness Month, visit the United States Department of Labor's website at [www.DOL.gov](http://www.DOL.gov).

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The screenshot shows the dcmilitary.com website with a navigation bar including links for Weather, Traffic, Advertise, Contact Us, and RSS feeds. Below the navigation bar is a banner for the Combined Federal Campaign (CFC) with the text "Without the support of DAV, we may not have a team. I love the opportunity to be part of a unit again." attributed to Army veteran Christy Gardner, USA Warriors Hockey Team. Other featured charities include the VFW Foundation, Charitable Service Trust (CST), and the Lupus Foundation of America's Combined Federal Campaign (CFC) #10566. A puzzle game is also featured with the text "what's missing in this puzzle?" and a link to learn more at [lupus.org/cfc](http://lupus.org/cfc). At the bottom, there is a call to action to fill out a CFC Card with the number WWIA #94512.



# PSYCHOLOGY

Continued from pg. 7

wide open, they know the range of things [that] they'll do — deployment in difficult, arduous places — and yet they choose to come in. That to me is a hallmark of this next generation of psychologists," said Navy Capt. Richard D. Bergthold, Navy Clinical Psychology Program Director, who recalled when he was intern at the former National Naval Medical Center 22 years ago in 1993.

According to the clinical psychologist, there have been lots of changes to the internship program since then.

"They know what they're getting into, they're excited about their opportunities and they're uniquely trained to meet remarkable challenges they just wouldn't be able to do if they were trained in civilian kind of training programs as civilian psychologists. This is the reason why we become [military] psychologists I think, because of all we get to do," Bergthold explained.

He said it's important to point out that although the Army and Navy each have their own accredited training program and traditions, the interns are learning as psychologists, side-by-side — a unique aspect to the psychology training program at Walter Reed Bethesda.

"I wondered how these two programs were going to gel together and I was really surprised how well these two classes got along," confessed Navy Lt. Rhondie Tait. The new Sailor graduated with her Army cohorts during the Oct. 24 ceremony. "It was just one class instead of Army or Navy," she said. Tait will serve as a staff psychologist at her first duty station: Naval Hospital Yokosuka, Japan.

"Our Navy Psychology interns are graduating today knowing as much about Army regulations and Army mental health as their Army counterparts, and vice versa. And so they are uniquely prepared for missions that they're definitely going to experience in the future, in joint environments," Bergthold added.

"They'll all make great leaders in very different ways," said Army Maj. Jessica Parker, a clinical psychologist and Bergthold's Army training colleague who directed preparation of the five Soldiers who completed the 2013-2014 internship program. "There are so few who have achieved so much as these graduates of the military psychology internship program. They are truly exceptional to serve the Department of Defense as uniformed psychologists."

Parker described this year's graduating class: thoughtful, motivated, with strength and the ability to balance along with gifts and talents so distinct. She called the 12-month,

comprehensive training program they completed, "intense."

"We [have] to pick the right person," Parker said, to learn solid competencies as a clinical psychologist and at the same time become a service member as well as a military leader.

Most enter the program brand new to the military; they must learn both the culture and customer, according to the Army training director. In the end, 11 individuals emerge fully qualified as officers and clinical psychologists, confident that they can go out and do whatever they need to do, Parker added.

Army Capt. Megan M. McGinty worked 10 years counseling families, married couples and service members as a civilian licensed clinical professional counselor before she donned a uniform herself to become a military clinical psychologist and learn more about research. Her internship at Walter Reed Bethesda provided her the opportunity to work in research at the National Intrepid Center of Excellence.

She said it's an honor and privilege to treat the military. "It's very humbling, working with those that serve our country," McGinty explained. The Soldier will remain at Bethesda with two others for an additional year in the 2014-2015 residency program at Walter Reed.

# MARINES

Continued from pg. 1

which claimed the lives of more than 200,000 people. On Nov. 10, 2004, Marines looked back with pride on their accomplishments — confident in their ability to meet future challenges.

As we celebrate our 239th birthday, Marines are in combat in Afghanistan. Since we last gathered to celebrate our Corps' birthday, we also responded to crises in the Philippines, South Sudan, Libya, and Iraq.

Some things change. This year found us in different climes and places that our predecessors in 1944 and 2004. We have adapted our organization, training, and equipment to the ever-changing operating environment. Some things remain the same. Marines attacked this year's challenges with the same courage, commitment, loyalty, self-sacrifice, and adaptability as their predecessors in Peleliu and Fallujah. For that reason, on Nov. 10, we Marines can look back with pride on our accomplishments — confident in our ability to meet future challenges.

Thanks for who you are and what you do. Happy Birthday Marines.

**Semper Fidelis, J. F. Dunford, Jr.**  
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# NURSES

Continued from pg. 4

lationship with the patient and their families, as well as a remarkable team effort between each surgical team member, Krzywicki continued. Everyone works together to ensure the patient's safety, she added.

"We are here to make sure the patient's journey to surgery is a safe and pleasant one," said Navy Lt. Marisol Armora.

A perioperative nurse at Walter Reed Bethesda for more than two years, Armora added it is not easy to work in the operating room, and it takes a strong person to do the job. It also takes passion, and there is no shortage of that among the perioperative nurses at Walter Reed Bethesda, she said.

It's their duty to ensure patients understand the procedure, the risks and benefits, and they ensure their questions are answered, Armora added. They also explain what to expect in the operating room, and in their recovery, she said.

That is what Armora said she enjoys most about the profession: helping the patient. While he or she might not remember their perioperative nurse during a surgical experience, she said she can guarantee the perioperative

nurses are passion about each patient.

In addition to seeing positive outcomes, Gracy Premraj, a perioperative nurse at Walter Reed Bethesda since 2008, said she also enjoys the team work.

"From the highest rank to the lowest, there is no separation. We are one team," Premraj said. "For me, I love what I do."

Navy Lt. Amber Neal, a perioperative nurse at Walter Reed Bethesda for over a year, shared the same sentiment. "It takes everyone to do their part, to make sure the patient is safe," she said.

Neal said she never imagined herself as a nurse in the operating room, until she was on a deployment, and had the opportunity to see what the job entailed. She now thoroughly enjoys the team work, and helping patients, she said.

"We are their voice," she said. "We truly try to advocate for our patients. We try to anticipate all the needs of the patient."

Hospitalman John Brewer, a lead technician on the cardi thoracic team, who works alongside perioperative nurses, expressed his appreciation for their tireless efforts. He explained they are "behind the scenes," and it's important to recognize their vital role.

"They're the mediators," he said. "They keep everything together."

# CANCER

Continued from pg. 5

explained his wife, Keasha, was not a smoker and lived a healthy lifestyle, was diagnosed with Stage IV lung cancer in December 2010 at the age of 38. He said during the year after she was diagnosed and before she passed, she valiantly battled the disease.

"We want people to know anyone can get cancer," Draft said, adding "the ultimate goal is survivorship" and that CT screening is saving lives.

More than 400 Americans die from lung cancer every day, according to American Cancer Society (ACS) officials. Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and pancreatic), and an estimated 159,260 Americans are expected to die from lung cancer in 2014, accounting for approximately 27 percent of all cancer deaths, the ACS also reports.

The Centers for Disease Control and Prevention (CDC) states lung cancer is the leading cancer killer in both men and women in the United States, and in 1987, it surpassed breast cancer to be-

come the leading cause of cancer deaths in women.

According to the CDC, not everyone has the same symptoms for lung cancer, but some of the most common signs for the disease include:

- Shortness of breath
- Coughing that doesn't go away
- Wheezing
- Coughing up blood
- Chest pain
- Repeated respiratory infections such as bronchitis or pneumonia

The CDC also reports people can reduce their risk of developing lung cancer in several ways, including the following:

- Don't smoke. If you do smoke, quit now
- Avoid secondhand smoke
- Have your home tested for radon and take corrective actions if high levels are found
- Follow health and safety guidelines in the workplace when working with toxic materials.
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To participate in the lung cancer screening at WRNMMC, beneficiaries can call 301-295-4191.

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## Announcements

## Announcements

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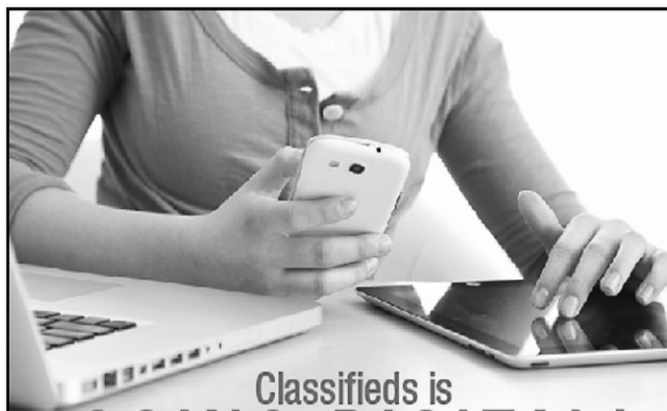
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